



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** After a winter that none of us thought would end, summer has arrived! School is out for the season and we can hear children playing in their backyards. Summer vacations are planned and spare bedrooms are cleaned for out-of-town guests. Tomatoes are planted and we are on the lookout for slugs in the basil and hungry woodchucks. Dinner menus focus on food that can be cooked on backyard grills and the kitchen stove (and cook) get a well-deserved break! And then there is dessert: strawberry shortcake, sliced watermelon, blueberry crumble and ice cream! It would not be summer without a stop or two at the neighborhood ice cream stand. We both enjoy a good home-made black raspberry ice cream but vanilla soft-serve ice cream. That simple of my childhood. After a day of splashing limbs of the backyard willow tree, we a quick bath with the enticement of a trip car blanket spread in the back of our on our backs looking out at the night sky cones down our wrists. As twilight could see the Milky Way. Laughter and the night sounds of crickets, peepers and treated to a nickel cone, gone in seconds better for pets or children? Enjoy a safe summer and stop by to tell us of your travels and visits – but make one of those visits a stop at your favorite ice cream stand!



at least once a summer, we stop for a dish of treat transports me back to the summer evenings in our two-ring wading pool and swinging from could be persuaded to eat a good dinner and take to the Dilly Bar. Clad in our pajamas with the station-wagon for sleepy children, we would lie licking the drips of vanilla that trickled from our darkened to night, the sky filled with stars and we children's voices from other cars accompanied distant cars. Even my sweet collie Trixie was without a drop hitting the ground! What could be

## Georgetown Police and Fire Recommend Pool Safety Tips

Police Chief Donald Cudmore and Fire Chief Albert Beardsley are urging residents to take precautions while by the water, as multiple pool-related fatalities have already occurred this season. "We recommend pool owners take a moment to review these precautions to help ensure all swimmers are safe when they're in or near the water," Chief Cudmore said. "We hope to see zero pool-related fatalities this summer." The American Red Cross reports that over 200 children drown in backyard swimming pools each year. Chief Beardsley and Chief Cudmore suggest the following tips to keep pool goers safe.

Per Massachusetts regulation, have at least a 4-foot-high barrier that encloses the pool and an access gate that self-closes, locks, and opens outward from the swimming area (even if you don't have children).

- Fasten a safety cover over the pool when it is not in use, and remove ladders to further prevent access to the pool. For added safety, install a pool alarm that will sound if anyone enters the water.
- Never leave children unattended while they are near or in the pool, and make sure they have an adult to accompany them into the water. Young or inexperienced swimmers should always wear a life jacket or inflatable arm floats.
- Make sure children stay away from pool drains, pipes, or any other opening to avoid getting trapped or hurt. If a child is missing, always check the pool first.
- Set safety instructions and share them with family, friends, neighbors, or anyone else who uses the pool. Advise children to stay away from pool deep ends, and to always walk, never run near the pool.
- Take a CPR course for adults and children to be prepared if an emergency situation occurs. Update skills regularly.
- Store pool chemicals in a safe manner and only open chemical containers outside or in a well-ventilated area. Chemical fumes can be very harmful and have resulted in residents needing to go to the hospital.

"Residents should always remember to properly secure their pool, especially if there are children in the household," Chief Beardsley said. "Please be cognizant of your surroundings when by the water, swimming and after you get out for the day."

# July Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## J U L Y V A N S C H E D U L E 2 0 1 5

Shopping Date	Location	Recreation Date	Location
		July 2 9:30	Super Walmart/Salem, NH
July 7 9:30	NO VAN – Brown Bag Only	July 9 10:30	Plaistow, NH
July 14 9:30	Rowley	July 16 10:30	Newburyport/Park Lunch & Boardwalk
July 21 9:30	Newburyport	July 23 10:30	North Shore Mall/Peabody
July 28 9:30	Seabrook, NH	July 30 10:30	Haverhill/Carter's Ice Cream

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

### **VISITING NURSE: Wed. July 1, 10 – 11 a.m. at the First Congregational Church**

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

### **SHINE OFFICE HOURS: Mon. July 6, 9-11 a.m. Town Hall, 2<sup>nd</sup> Floor**

**SHINE Counselor Jerry Goldberg** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

### **MEN'S BREAKFAST: No Breakfast in July**

Join us on when we return on Thurs. August 6, 9:30 at Trestle Way.

### **Local Legislators' Office Hours**

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Rep. Lenny Mirra:**  
**For Date/Time**  
**Call: (617) 722-2130**  
**Email:**  
**Leonard.Mirra@MAhouse.gov**

**Sen. Bruce Tarr:**  
**Tues. July 21**  
**12 - 1 p.m.**

### **ICE CREAM SOCIAL: Tues. July 14, 11:45**

**First Congregational Church** See pg. 3 for details.

### **PHOTO ID & INFO PROGRAM w/ICE CREAM SOCIAL:**

**Thurs. July 16, 1 p.m. @ Trestle Way** Details on pg. 3.

### **PASTEL WORKSHOP: Tues. July 21, 9-11**

**First Congregational Church** See pg. 3 for details.



### **JULY BIRTHDAY: Tues. July 28, 11:30**

**First Congregational Church**

Join us as we send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/21/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

### **TINNITUS & HEARING SEMINAR: Wed. July 29, 9:30**

**First Congregational Church** See pg. 3 for details.

### **Free Legal Help offered by Atty. Elaine Dalton**

**Tues. July 28, 10 a.m. at First Congregational Church**

Assistance available for: \*Health Care Proxies,

\*Durable Power of Attorney, \*elder law issues

\*15 min. appts. available by calling COA at 978-352-5726



## Health & Wellness Classes

Yoga classes are held at First Congregational Church.

Strength Training Classes are held at Trestle Way.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>
	<b>Wednesdays</b>	<b>9:00 a.m.</b>
Strength Training	<b>Tuesdays</b>	<b>12:30 p.m.</b>
	<b>Thursday</b>	<b>10:45 a.m.</b>

## \*WALKING CLUB\*

Is on summer hiatus.

Check back in the fall for  
scheduling details.



B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

**Please note:** When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

## TRIAD Ice Cream Social & Photo ID Program



**Thursday July 16, 1 p.m.**  
**Trestle Way**



Come learn about Georgetown TRIAD and the important community safety program that brings together the Essex County Sheriff's Department, the Police and Fire Departments, COA and Georgetown Housing Authority. Come enjoy an ice cream sundae along with good company and important information. The Senior Photo ID Program, which provides elders with a secondary form of identification, will also be available. Please bring either:

- a valid Massachusetts driver's license,
- a valid passport
- a valid Mass. photo ID issued by Mass. RMV

If you plan to attend, please call the COA at 978-352-5726.

## ICE CREAM SOCIAL Tues. July 14 ~ 11:45 a.m.

(Directly after lunch)

First Congregational Church.



**July is National Ice Cream Month.** Join us for a cool treat **directly after lunch** (approx. 11:45 a.m.). Make your own sundaes with a variety of toppings, cherries and whipped cream.

**Come for lunch (11:30) & make a meal of it!**  
**Lunch costs \$2 and reservations are required.**

**Please RSVP before Tues. July 8. 978-352-5726**

## ***Tinnitus and Hearing Seminar***

**presented by Digital Hearing Healthcare.**

**First Congregational Church Wed. July 29**

**Continental breakfast at 9:30 a.m.**

**Educational seminar at 10 a.m.**

All attendees will be entered to win TV EARS.

Topics of discussion include:

- Enhancing communication and listening skills
  - What causes Tinnitus and what can be done about it
  - Protecting your hearing ability
  - Understanding common hearing issues
  - What to look for in a hearing care professional
  - The truth about how much hearing technology costs
- To register for the program, call the COA at 978-352-5726.



## ***"The Art of Georgia O'Keeffe: How to Paint Pastel Flowers."***

**Presented by**

**Greg Maichack, artist**

**Tues. July 21, 9-11 a.m.**

**First Congregational Church**



- Open to beginners as well as more experienced adult students.
- Learn O'Keeffe's techniques
- Discover insights into her artistic life.

To register for the workshop, please call the COA at 978-352-5726.

This project is supported, in part, by a grant from the Georgetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

## **Notice to Medicare Subscribers**

Medicare subscribers may appeal decisions you disagree with, but all steps in the appeal process have specific time frames and other requirements and must be followed. Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The Medicare Advocacy Project (MAP) provides free advice, assistance with appeals and legal representation. MAP can help anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. To reach MAP, call the Massachusetts Senior Legal Helpline at 1-866-778-0939. To understand and access Medicare benefits, call your Council on Aging and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also reach a SHINE counselor at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number and a volunteer counselor will return you call as soon as possible.



Atty. Margot Birke of Elder Law Solutions, Newburyport, discussed the importance of Health Care Proxies with Georgetown elders in June.



## **Farmer's Market Scheduled at Nunan's**

Nunan's Florist & Greenhouses will be hosting the Farmer's Market on Thursdays from through Oct. 15 from 2:30 – 6 p.m. rain or shine. For more information, call Linda at (978) 352-8172 or email her at [linda@nunans.com](mailto:linda@nunans.com).



## **Free Fun Fridays**

Museums/Cultural Events Free To the Public  
July through August

**July 3:** Boston Children's Museum, Heritage Museums/Gardens, Falmouth Museums on the Green, Berkshire Museum, Amelia Park Children's Museum, Naumkeag/Trustees of Reservations, Old Manse/Trustees of Reservations

**July 10:** E.M. Kennedy Institute, Cape Cod Maritime Museum, New Bedford Whaling Museum, Children's Museum/Holyoke, Volleyball Hall of Fame, Danforth Art, New England Historic Genealogical Society

**July 17:** Museum of Fine Arts, Larz Anderson Auto Museum, The Sports Museum, Cape Ann Museum, Children's Museum/Easton, Fitchburg Art Museum, Tower Hill Botanic Garden

**July 24:** Commonwealth Shakespeare Co., Arnold Arboretum/Harvard Un., Battleship Cove, Edward Gorey House, Pilgrim Hall Museum, Fruitlands Museum, Museum of Russian Icons

**July 31:** Sandwich Glass Museum, Cape Cod Museum of Art, Garden in the Woods, Wenham Museum, American Textile Museum, Eric Carle Museum

**August 7:** Boston Harbor Islands Nat'l Park, The Greenway Carousel, The Old State House, Concord Museum, Worcester Historical Museum, Springfield Historical Museum, Springfield Museums, Hancock Shaker Village

Fun Fridays are sponsored by Highland Street, Boston Globe & WCVB5. **For more information, contact Highland Street at [HIGHLANDSTREET.ORG](http://HIGHLANDSTREET.ORG) or call 617-969-8900.**

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose Transportation**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## **FOOD AND HEAT RESOURCES**

For more information, contact the COA office at (978) 352-5726.

## **VISITING NURSE**

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **S.H.I.N.E.**

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

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**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**  
**(978) 352-8443**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

**No Board Meeting  
in July.**

**NEXT BOARD MEETING:**  
**Tuesday August 25, 2015**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart-alternate,

Dick Boucher-alternate

**Town of Georgetown:**

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Stuart Egenberg, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

**Georgetown COA Webpage** is  
located on the town's official website  
[www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

## **July Menu** - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.**

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley  
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>
		<b>1</b> Italian Pot Roast, Scalloped Pot, Garlic Green Beans, Italian Bread, Rice Pudding
<b>6</b> Peach Glazed Chix, Carrots, Broccoli, Wheat Roll, Apple	<b>7</b> Turkey Salad, Pot Salad, Kidney Bean/Chick Pea Salad, Bun, Peaches	<b>8</b> Stuffed Shells/Marinara, Sautéed Spinach, Rye Bread, Fresh Fruit
<b>13</b> American Chop Suey, Peas, Harvard Beets, Flaxseed Bread, Pears	<b>14</b> Sliced Turkey Breast/White Cheddar Cheese/Salad Greens, 4 Bean Salad, Bun, Lemon Cookie	<b>15</b> Mac & Cheese, Crumb Topping, Broccoli, Honey Wheat Roll, Raisins
<b>20</b> Sliced Pork/Gravy, Baked Sweet Pot, Steamed Red Cabbage, Honey Wh Roll, Cinnamon Apple Slices	<b>21</b> Chix/Lemon Sauce, Mashed Red Bliss Pot, Peas/Carrots, Wh Wh Bread, Fresh Fruit	<b>22</b> Turkey Chili/Rice, Mixed Veg, Corn Muffin, Pumpkin Chip Cookie
<b>27</b> Shepherd's Pie/Gravy, Harvard Beets, Honey Wh Roll, Orange	<b>28</b> Breaded Chix Patty, Baked Beans, White/Yellow Corn, Bun, Melon	<b>29</b> Stuffed Pepper Casserole, Peas/Carrots, Natural Grain Bread, Pears

**Celebrate National Blueberry month with...**

### **EASY BLUEBERRY COBBLER**

**Ingredients:**    ½ c. butter    1 c self-rising flour    1 c sugar    1 c milk    4 cups fresh blueberries

- ❖ Preheat oven to 350°. Place butter in an 8" square baking dish.
- ❖ Melt butter in the pre-heating oven, about 5 min. Remove from oven.
- ❖ Mix flour, sugar & milk in a bowl until combined; pour batter over melted butter. Scatter blueberries over batter.
- ❖ Bake in preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.

## **JULY VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
		<b>1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>2</b> <u><b>NO Mens' Breakfast</b></u> 9:30 <b>VAN:</b> Walmart/Salem NH 10:45 Strength Training
<b>6</b> 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>7</b> <b>No Shopping Van– Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>8</b> 9:00 Yoga 11:30 Lunch	<b>9</b> 10:30 <b>VAN:</b> Plaistow, NH 10:45 Strength Training
<b>13.</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>14</b> 9:30 <b>Van: Rowley</b> 11:30 Lunch 11:45 Ice Cream Social 12:30 Strength Training	<b>15</b> 9:00 Yoga 11:30 Lunch	<b>16</b> 10:30 <b>VAN:</b> Newburyport- Park Lunch/Boardwalk 10:45 Strength Training 1:00 TRIAD Photo ID/Info & Ice Cream Social @ TW
<b>20</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>21</b> 9:30 <b>Van: Newburyport</b> 9-11 Pastel Workshop 11:30 Lunch 12:00 Sen. Tarr's Office Hrs. 12:30 Strength Training	<b>22</b> 9:00 Yoga 11:30 Lunch	<b>23</b> 10:30 <b>VAN:</b> No. Shore Mall 10:45 Strength Training
<b>27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>28</b> 9:30 <b>Van: Seabrook, NH</b> 10:00 Free Legal Help by appt 11:30 Birthday Lunch 12:30 Strength Training	<b>29</b> 9:00 Yoga 9:30 Digital Hearing Breakfast/Seminar 11:30 Lunch	<b>30</b> 10:30 <b>VAN:</b> Haverhill- Carter's Ice Cream 10:45 Strength Training

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.